

Discover Swimming

Learn to Swim ... Swim for Life



The best place to learn how to swim is in the water. That's just one of the reasons we're running the Lifesaving Society's in-depth Swim Program. It stresses lots of in-water practice to develop solid swimming strokes and skills. And, it incorporates valuable Water Smart® education that will last a lifetime.

The Lifesaving Society Swim Program offers the following features and benefits:

- Seamless program covering all levels from Parent & Tot through to Leadership;
- Program content is stroke and skill driven;
- Strong leadership training — streamlined process for training will ensure consistency in standards;
- Water Smart® education is imbedded in the skills of the Swim for Life Program.

Never too young to learn. Never too old to start.

SWIM FOR LIFE

Lifesaving Society Canadian Swim-to-Survive Position Statement: Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada.

The Lifesaving Society helps prevent drowning and water-related injury through training programs that certify over 200,000 people yearly. We're Canada's lifeguarding experts.

aquatics

Swim Program Flow Chart

